



SUMMER BINGO

FOR PRE-TEENS & TEENS

Challenge yourself to get 5 in a row, or go for **BINGO!**

TRY NEW THINGS. BUILD GOOD HABITS. MAKE MEMORIES.

 <p>Take a Karate or Tae Kwon Do Class</p>	 <p>Drink Water Every Day for a Week</p>	 <p>Read a Book You Can't Put Down</p>	 <p>Try a Pilates Class</p>	 <p>Watch the Sunrise (or Sunset)</p>
 <p>Take a Photo Walk Around Your City</p>	 <p>Try a New Healthy Recipe</p>	 <p>Do Something Kind for Someone</p>	 <p>Create Something (Art, Music, Writing, etc.)</p>	 <p>Explore a New Place in Your Hometown</p>
 <p>Try Yoga or a Stretching Class</p>	 <p>Take a Social Media Break for 24 Hours</p>	 <p>FREE SPACE</p>	 <p>Make a Summer Playlist</p>	 <p>Have a Deep Conversation With a Friend</p>
 <p>Go for a Walk/Run Outside</p>	 <p>Volunteer in Your Community</p>	 <p>Start a Journal (or Write in One)</p>	 <p>Choose Water Over Soda All Week</p>	 <p>Watch an Inspiring Documentary or Movie</p>
 <p>Play a Sport or Try a New One</p>	 <p>Spend Time Outside Without Your Phone</p>	 <p>Learn Something New (Anything!)</p>	 <p>Go Roller Skating or Try Something Fun</p>	 <p>Set a Goal and Take One Step Toward It</p>

**BE CURIOUS.
BE ACTIVE.
BE YOU.**

SUMMER IS YOURS—MAKE IT COUNT!

Check off each box as you complete it.
Share your progress and tag us!

  @BRAINGEMACADEMY

Every experience makes you smarter, stronger, and more confident.